

WINTER EDITION 2005

SUSTAINER

THE MAGAZINE OF THE 3RD CORPS SUPPORT COMMAND

FUELING SOLDIERS

THE UNSEEN ROLE OF
FOOD SERVICE SPECIALISTS

COMBATIVES PT

PREPARING SOLDIERS FOR
UNARMED SITUATIONS

FAMILIES PREPARE

DEPLOYMENT IS AROUND
THE CORNER

THE ROAD TO WAR

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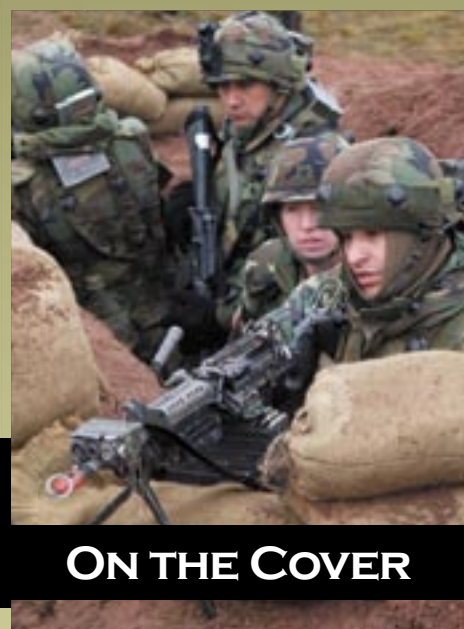
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ON THE COVER

Steadfast In Life And Leadership

Welcome to a new year of “sustaining the line” and telling the 3rd Corps Support Command’s Story.

I would like to take this time to share my personal philosophy on life and leading so you may gain an understanding of who I am and what is important in my life. Clearly, to be given the responsibility and the opportunity to lead Soldiers is at the top of my list; it is an honor and a privilege.

First and foremost, I am very much like all of you; I’m a Soldier, a daughter, a granddaughter, a sister and a friend.

Two words describe how I try to live: **“Steadfast Leadership.”** As a leader, I will do everything within my power to ensure a positive climate and work environment where people come first and missions are always accomplished.

“Steadfast” is an acronym meaning Soldiers, Training, Excellence, Attitude, Discipline, Family (and Friends), Accountability, Selfless service and Teamwork.

Soldiers: People are our most valuable resource -- Soldiers, families and civilians! I am a Soldier. I must lead by example. “Coach, teach and mentor,” must be our watchwords in caring for each other and our families.

Training: Quality training is the ultimate display of genuinely caring! We must train as we fight! Training is also maintaining -- our equipment, our individual readiness, our families.

Excellence: Know and live by high standards, both personally and professionally. We represent the military and the United States 24 hours a day, 7 days a week. Seize the initiative, go the extra distance,

Commanding
General



**Brigadier General
Rebecca S. Halstead**

and be innovative in order to achieve the highest standard of excellence possible.

Attitude: Our attitudes reflect our true character and dedication to making a difference. Be proud of yourself, your unit, your organization, your Army, your country. Count your blessings and look at the cup as half full, not half-empty.

Discipline: When we exercise discipline in all aspects of our lives, we realize success. We are able to choose the harder right over the easier wrong. Disciplined soldiers reach and exceed their goals. Discipline = Safety!

Family and Friends: Whether single, divorced or married, we all have family. I am the third of four children. I was born and spent most of my life near Ithaca, New York. My parents are retired, and they are my best friends. It is important to balance quality family time with work. It is rewarding to get involved with

the community, school, church and volunteer activities. Family Readiness Groups are really Unit Readiness Groups.

Accountability: Accountability encompasses both personal and professional standards. Hold yourself accountable for your own actions and accountable for the care and keeping of those entrusted under the leadership position you hold.

Selfless service: Our business is about duty, honor, country. None of us joined the military to become famous or be heroes. We joined to selflessly support and defend the Constitution of the United States. I believe true leadership is reflected in our ability to serve others first.

Teamwork: Together Everyone Achieves More. I believe in the power of numbers, and two are always better than one. Communication and teamwork must extend horizontally across our organizations, Soldiers helping Soldiers, families helping families, units helping units and military supporting our civilians and community activities.

My goal is to live the **“Steadfast Leadership”** principles I addressed above. In doing so, I hope my actions, not my words, will motivate others to adopt these principles and values for their own lives.

Bottom line, I enjoy life, I love to laugh and I love to work hard! I look forward to “sustaining the line” with each and every one of you, learning from each other and developing a solid, caring enthusiastic and winning TEAM!

Rebecca S. Halstead
Brigadier General
Commanding General

Every Soldier Is A Warrior

Since taking office Aug. 1, 2003, General Peter J. Schoomaker, the Chief of Staff of the United States Army, has emphasized **every Soldier is a warrior – regardless of job or Military Occupational Specialty.**

I wholeheartedly embrace that philosophy, and I expect every 3rd COSCOM Soldier to do the same.

Operation Iraqi Freedom and Operation Enduring Freedom have made it more obvious than ever that CSS units are not exempt from the dangers and rigors of combat.

In fact, these operations have shown that the modern battlefield is just as dangerous for CSS units as it is for infantrymen and tankers.

Each and every one of us must

With every decision that you make, pay attention to the Soldier inside of you and reflect the Warrior Ethos:

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

“Are you Soldiering?”

It has always been important for Combat Service Support Soldiers and units to know and master their basic combat skills, to maintain their equipment, and to be proficient in crew drills and collective tasks – to be Warriors.

master our combat skills, maintain ourselves and our equipment and know our battle drills.

It is absolutely essential that every 3rd COSCOM Soldier embraces and lives the Soldier's Creed and Warrior Ethos.

David Wood
Command Sergeant Major

CSM

SOLDIER'S CREED

I am an American Soldier.

I am a Warrior and a member of a team.

I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.



**COMMAND SGT. MAJ.
DAVID WOOD**

Traveling on the Road to War

Welcome to the Winter Edition of Sustainer magazine. This is the first edition of the magazine to be published since the fall of 2002.

In this edition, you will find a wide variety of information about the 3rd Corps Support Command and the Soldiers, civilian employees and family members who make up this proud unit.

The United States Army is an Army at war. 3rd COSCOM is no exception to that. Over the past 12 months, our units returned from Operation Iraqi Freedom, took a short break and then got on with the business of, once again, getting ready to go to war.

As the Soldiers returned from their well-deserved vacation, their equipment had arrived and was waiting for them. The equipment most in need of

repair was already identified and had been turned over to the 21st Theater Support Command for major overhaul. The rest of the maintenance jobs were done at the unit or handled by COSCOM's maintenance units.

Our units also began to train up for certification exercises held in the fall of 2004.

The first quarter of Fiscal Year 2005 was a very busy time for 3rd COSCOM; certification exercises, deployment exercises, railhead operations, container preparation and shipment, a lot of packing and some preparing to say goodbye. We've tried to capture that in these pages.

In addition, you'll find articles from the Family Readiness Group senior advisor, the Equal Opportunity Advisor, the Chaplain, and the Inspector General's office, to name a few. Articles like these will be regular features in every issue of Sustainer Magazine.

We've inserted news notes throughout the magazine. These are short items of interest about Department of Defense or Department of the Army programs,

community events, civilian employment, and a wide variety of other topics.

We've also provided charts and maps to show where the 3rd COSCOM is and what we do. As a bonus, we've included a reversible poster. Each side depicts one of 3rd COSCOM's key functions.

If you have any suggestions, or would

like to make a submission for a future edition of Sustainer magazine, please feel free to contact us at the address to the right.

As you read this, several 3rd COSCOM units, detachments, or individuals are deployed around the world, but particularly in Iraq and Afghanistan.

We ask that you keep those Soldiers and their family members in your thoughts, along with all Service members serving around the world. We certainly haven't forgotten them.

Bruce Anderson
Deputy PAO/Editor
3rd Corps Support Command



Masthead

Brig. Gen.

Rebecca S. Halstead

3rd COSCOM Commanding General

Command Sgt. Maj.

David Wood

3rd COSCOM CSM

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submit story & newsnotes ideas to:

sustainer@3coscom.wiesbaden.army.mil

NEWSNOTES

Athletics

IMA-Europe MWR 2005 U.S. Forces Europe Ski & Snowboard Championship

March 12-13

Garmisch, Germany

For registration and details call
DSN 440-2407/2747

All Army

applications due:

Triathlon-March 11, 2005

Volleyball-(M) March 5

(W) March 19.

**Contact your local
sports department for updates.**

Upcoming officials clinics:

Rugby

April (TBA) Darmstadt

Softball

April 12-17, Darmstadt.

IMA-Europe Sports Office

DSN 370-7944/8243

Rheinblick introduces new family tees

To encourage
family participation,
Wiesbaden's Rheinblick
Golf Course plans to
establish new far-
forward tees, otherwise
known as family tees,
starting May 1.

The new tees will be
intended for juniors and
novice golfers
regardless of age.

It's Tee Time!

Golf for FREE at the
Rheinblick Golf Course's
membership drive
March 15-31.

Try out the course and
become an official member.

Call the Pro Shop
DSN 336-2816 to sign up.

SCRA

The Servicemember's Civil Relief Act

The SCRA is a federal law
that provides a six percent
cap on interest on debts
incurred before entry on
active duty, including
mobilization or activation
from the Reserve
or National Guard.

*In order to obtain an interest
rate reduction, mail or fax a
copy of your orders to
the address below.*

**Military Star Customer
Service Center**

P.O. Box 650410

Dallas, TX 75265-0410

Fax number: 214-312-4326

For questions about this
policy, please call

1-877-891-STAR (7827).

Savings

THE FEDERAL RETIREMENT THRIFT INVESTMENT BOARD

Open season dates:

April 15 through June 30

October 15 through December 31

Changes in monthly payments:

If you requested a change in the amount of
your monthly payments for 2005, it should be
reflected in the first monthly payment disbursed
from your account on or after January 3.

(<http://www.frtib.gov>.)

W-2 Forms

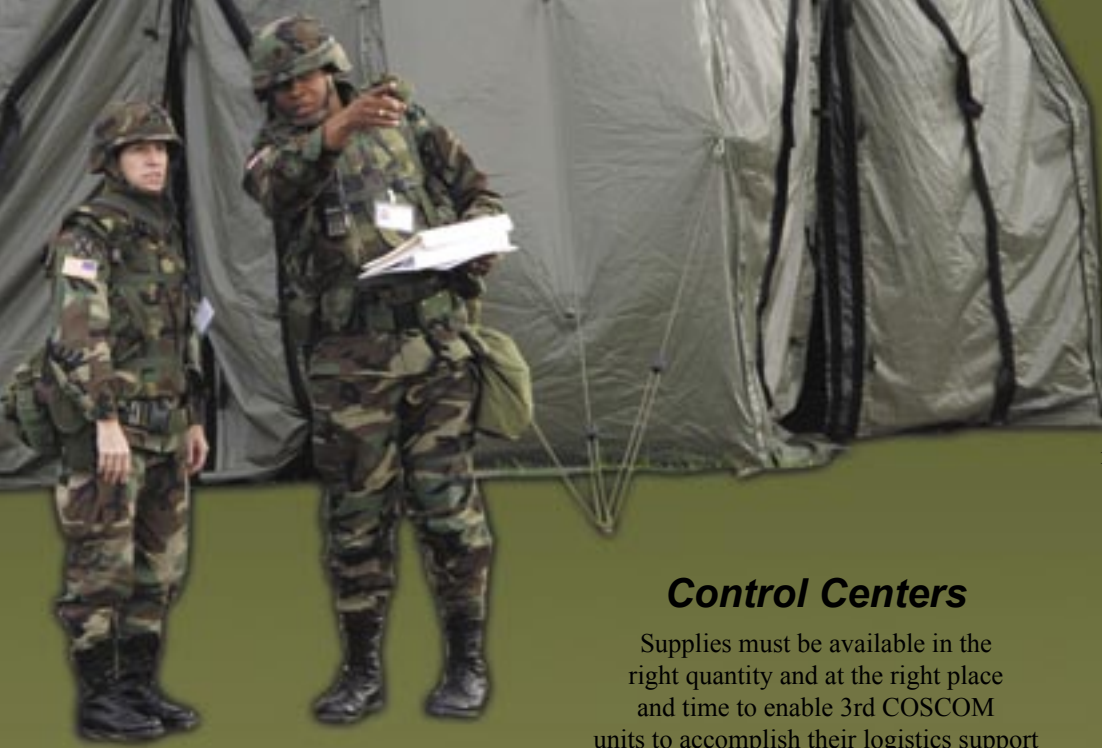
The 2004 W-2 forms for military members will now report pay earned while serving in combat zone tax-exclusion areas.

The combat zone pay information will be listed
separately in Block 14 of the member's W-2 form and
will not be included with taxable wage information.
The 2004 W-2s will be available in mid-to-late January,
and servicemembers can access their W-2s at the Defense
Finance and Accounting Service's on-line "myPay" system.

**Officials recommend servicemembers
contact their unit tax advisors for more
information on the Earned Income Tax Credit,
Child Tax Credit, or other tax issues.**

Armed Forces Tax Guide 2004

(<http://www.irs.gov/pub/irs-pdf/p3.pdf>)



Fixing the Corps Force

3rd COSCOM's maintenance system is a corps combat multiplier.

It ensures that V Corps remains operationally ready by repairing and returning weapon systems and equipment to battle as soon as possible. Maintenance restores operational forces to a state of materiel readiness.

It enables them to support the tempo of operations. 3rd COSCOM maintenance units repair and return damaged or disabled equipment to using units.



Fueling the Corps Force

V Corps can move only as long as vehicles and aircraft receive fuel.

While many factors affect daily fuel consumption, the 3rd COSCOM may need to supply several hundred thousand gallons of fuel per day in support of a heavy division and its supporting corps units. In addition, non-division units may require almost 100,000-gallons each day. Our petroleum supply units and Direct Support supply units stock sufficient fuel throughout dispersed fuel issue points.

To keep fuel from becoming a war stopper, the supporting transportation distribution system provides rapid distribution of fuel.



Control Centers

Supplies must be available in the right quantity and at the right place and time to enable 3rd COSCOM units to accomplish their logistics support missions.

3rd COSCOM's Corps Materiel Management Center (19th Support Center) performs integrated supply and maintenance management of corps support assets.

3rd COSCOM's Corps Movement Control Center (27th Transportation Battalion) provides centralized movement control and highway regulation for moving personnel and materiel into, within, or out of the corps area of operations, ensuring effective and efficient use of available transportation capability.

These centers keep our commander and the support operations staff officers informed of status and potential problem areas or trends that may affect V Corps' readiness posture.

Command and Control of Support Operations

The 3rd COSCOM functions as V Corps' major subordinate command responsible for the direction and management of logistics support for the corps. Our headquarters staff officers coordinate and supervise the implementation of corps policies and directives relative to support of current and future operations. They develop plans and orders to ensure continuous logistics support of corps operations.

3RD COSCOM IN ACTION

The 3rd Corps Support Command (3rd COSCOM) provides logistics support to V Corps. We enable the corps to support high levels of combat over the duration of major operations. Our battlefield support facilitates the V Corps commander's ability to generate combat power at the decisive time and place.

The 3rd COSCOM has approximately 4,000 Soldiers - mechanics, truck drivers, supply personnel, fuel handlers, ammunition handlers, and dozens of other specialties.

We also have U.S. and German civilian employees and contractors. The family members of those Soldiers, civilians and contractors make up another very important segment of our total strength. They sustain us while we sustain the line!



Moving the Corps Force

Every requirement for troops or supplies generates at least one requirement for movement. The 3rd COSCOM transportation system provides for the rapid movement of troops and supplies about the battlefield. It affords the V Corps commander the capability to concentrate combat power at the critical time and place to influence the battle.



Arming the Corps Force

No conflict lasts long without munitions to arm the weapons of war. The V Corps force can fight only as long as the 3rd COSCOM supplies it with munitions.

The high firepower rate of modern weapons places unprecedented demands on our munitions distribution system to provide the right types and quantities of munitions at the decisive time and place. To ensure continuous, responsive distribution support, ammunition supply companies require the habitual support of transportation truck companies.

The 3rd COSCOM also arms assault forces with mines and explosive ordnance to breach enemy obstacles.

Sustaining the Soldier

No matter how much fuel and munitions 3rd COSCOM units push to the front each day or how awesome and lethal weapon systems become, it is our Soldiers who fight battles.

Soldiers need rations, water, clothing, individual equipment, protective gear and shelter. Construction, barrier, and fortification materials enhance Soldier survivability.

The health, morale, welfare, and combat capability of our Soldiers are also affected by the provision of health and comfort items, field services, and health services.

How well our Soldiers are cared for influences their will to continue fighting.



NEWSNOTES

Scholarships

The Wiesbaden Community Spouses Club offers scholarships to high school seniors and continuing education students whose sponsors are active duty, retired or a federal employee assigned in the Wiesbaden community.

Applications are available at General H.H. Arnold High School guidance office, Wiesbaden Commissary, Wiesbaden library, Army Community Service and the Wiesbaden and Dexheim Education centers.

For more information:
civ (06132) 555-615
wscscholarships@yahoo.com

The Army Emergency Relief Program offers
the MG James Ursano scholarship fund
for
dependent children of U.S. Army Soldiers.

The fund assists families with costs of post-secondary undergraduate education and vocational training.

Applications available at
www.aerhq.org
Deadline: March 1.
For more information:
DSN 334-5578

Travel

NAVIGANT
SatoTravel

Military & Government Travel

24 HOUR EMERGENCY #
0800-826-8960

HOURS OF OPERATION:

Monday to Saturday
07:00 – 12:00 and 13:00 – 15:00
Sunday 07:00 – 13:00

Frankfurt Airport	telephone
Room: 2628, Terminal 2	069-690-74448
Halle E, Level 2	fax
60549 Frankfurt	069-697-15994

Flea Market

Sellers can rent tables for \$10 on a first come, first serve basis.

The WAAF
Community Activity
Center hosts monthly
indoor flea markets.

*Flea markets are scheduled to be held February 26 and March 19.
Doors open at 8 a.m.*

For more information
DSN 337-5750
civ (0611) 705-5750

Newcomers

MOST:

Mannheim Orientation Spouses Tour (MOST) for newcomers is held the second week of each month.

MOST is a free three-day introduction to the Mannheim military community and how to get around in the German community! MOST is open to all spouses of military members and civilians.

for more information or to register
Sullivan Barracks, Bldg. 251
DSN 385-2326/2447
civ (0621)-730-2326/2447

Army Job Application Kit

To gain civilian employment with the U.S. Army, you must have a resume in the central database. **The Army Job Application Kit** will help you prepare your resume. Review the descriptions of each employment category carefully as you may be eligible for more than one employment category.

Army Job Application Kit
<http://www.cpol.army.mil/library/employment/jobkit/index.html>

Army Civilian Resume Builder

The Army deployed a **new** version of the Army Civilian Resume Builder and ANSWER Jan. 18.

The new Resume Builder modernizes, simplifies and shortens the application process. The tool combines the Resume Builder and ANSWER to form one application.

To learn more visit the Employment section of the CHRA-E website at <http://www.chra.eur.army.mil>
or
the new Army CPOL Portal at <http://cpol.army.mil>

Civilians

NEWSNOTES

Kontakt

KONTAKT is an official USAREUR program designed to unite U.S. Soldiers and civilians with German and third-country citizens through common interests and goals, increase Soldier morale and welfare by promoting off-duty participation in KONTAKT clubs and programs, and to support USAREUR community relations goals.

The Darmstadt KONTAKT Club

is located at the clubhouse,
Building 4032, above the food court,
on Cambrai-Fritsch
Kaserne in Darmstadt.

For more information, contact the
233rd Base Support
Battalion public affairs office at
DSN 348-1600 ,civ 06151-69-1600
or e-mail:
233pao@cmtymail.26asg.army.mil

Memories

With the advent of America's
mission in Iraq, V Corps Soldiers,
civilian employees and family
members became part of history.

"THE MEMORY PROJECT"

is an attempt to capture some of that
history and imprint it before it fades
from memory; a venue where the V
Corps community can share the myriad
small and perhaps not-so-small
things they've learned as a
result of their involvement with
Operation Iraqi Freedom.

The Memory Project

[www.vcorps.army.mil/memory/
memory.htm](http://www.vcorps.army.mil/memory/memory.htm)

CLEOS

Child & Youth Services

Liaison Education and Outreach Services

CLEOS provide services to support
all CYS programs. These services
include :

- ~ enrollment ~
- ~ registration ~
- ~ parent services ~
- ~ resource ~
- ~ referral ~
- ~ optional child care ~
- ~ volunteer program ~

CLEOS operates the CYS central en-
rollment and registration office
in each community.

For more information on CYS
programs or to enroll your child in
a CYS program contact your
local central enrollment and
registration office.

Health & Fitness

Advice is just a phone call away, anytime!

Health Care Information Line
(HCIL)
0800-825-1600

If you have a medical concern or need some sound
medical advice, all you have to do is pick up the phone
to speak to a registered nurse or get automated
information on hundreds of topics.

Army Physical Fitness Test calculator

www.hooah4health.com/4You/apft.htm

Calculate how many push-ups and sit-ups you must do,
and how long you have to complete the two-mile run.
The web page also provides a three-month APFT training
calendar and an explanation of the Army Weight
Control Program.

Locate the **Athletic & Fitness Facilities** in your community
visit www.mwr-europe.com

Germany

3rd COSCOM Headquarters*

7th Corps Support Group
71st Corps Support Battalion
240th Quartermaster Company*
317th Maintenance Company
147th Maintenance Company
7/159th Aviation Battalion (AVIM)
A Company*
B Company*
18th Corps Support Battalion
41st Transportation Company (PLS)*
529th Ordnance Company
11th Transportation Company (HET)*
16th Corps Support Group
181st Transportation Battalion
515th Transportation Company (POL)*
51st Transportation Company (PLS)*
377th Transportation Company (HET)*
485th Corps Support Battalion
26th Quartermaster Company*
596th Maintenance Company
71st Ordnance Company
77th Maintenance Company*
Special Troops Battalion
19th Support Center
27th Transportation Battalion (MC)
619th Movement Control Team*
626th Movement Control Team
633rd Division Support Team
634th Division Support Team
627th Movement Control Team
635th Movement Regulating Detachment

*Unit or part of unit is deployed as of publication date.



Kosovo

Supporting Task Force Falcon

The QASAS, Quality Assurance Specialist (Ammunition Surveillance), provides the military services with timely support for ammunition inspection, storage, training and mission.

515th Transportation Company (POL)

The 515th is providing transportation for the movement of bulk petroleum products.

51st Transportation Company (PLS)

The 51st is providing truck and palletized cargo transportation using the Palletized Loading System (PLS).

377th & 11th Transportation Companies (HET)

These companies are providing heavy lift transportation of oversized/overweight cargo.

619th Movement Control Team

The 619th MCT is providing port movement control and coordinating transportation support.

240th Quartermaster Company

The 240th Quartermaster Company is providing direct support (DS) supply and water production and distribution.

41st Transportation Company (PLS)

The 41st is providing both containerized and palletized transportation using the Palletized Loading System (PLS).

Other Elements of the 3rd COSCOM

3rd COSCOM has many Soldiers attached to various units in support of OIF.

OIF

“3RD CORPS SUPPORT COMMAND SUSTAINING THE LINE” WORLDWIDE

OEF

26th Quartermaster Company

The 26th Quartermaster Company is providing fuel and water distribution.

7/159th Avn(AVIM) Task Force

Comprised of B Co and A Co, this TF is providing intermediate level aviation maintenance and supply support to aviation units in Task Force Griffin.

USA

3rd COSCOM CONUS

The 3rd COSCOM (CONUS Augmentation) is an Army Reserve unit headquartered in Iowa's capital city of Des Moines.

19th CMMC (CONUS Augmentation)

This reserve Corps Material Management Center located in Arden Hills, MN, on order, mobilizes to provide integrated supply and maintenance management with the 19th Support Center.



Combatives

Story & Photos by Bruce Anderson
3rd COSCOM Public Affairs

Program



The Modern Army Combatives program teaches 3rd COSCOM Soldiers to be better warriors.

The program is designed to prepare Soldiers for the rigors of hand-to-hand combat. Soldiers learn fighting techniques and develop confidence.

“How can a person feel more

like a warrior than when he is convinced he can win a hand-to-hand fight? The driving force, the purpose, of combatives is for Soldiers to have the warrior mentality ingrained in them,” said Command Sgt. Maj. Barry Maieritsch, 3rd COSCOM’s senior combatives instructor.

Maieritsch, Command Sergeant Major of the 27th Transportation Battalion (Movement Control), attended special training at Ft. Benning, Ga., to enable him to train other Soldiers to lead combatives training.

Combatives training is part of a Soldier's life throughout the Army. New Soldiers are introduced to the fighting skills at Basic Training and Advanced Individual Training.

At the unit, Soldiers participate in combatives training during Battle Focused Fitness training.

Once Soldiers have developed

Modern Army Combatives

is based on the fighting style made famous by Royce Gracie, the surprising winner of the early Ultimate Fighting Championships. That no-holds-barred and almost no-rules (the only rules were no biting and no eye-gouging) competition matched fighters from several different disciplines, including kickboxing, wrestling, traditional boxing, karate, jiu-jitsu, and others against each other. No allowance was made for size or weight class.

Most experts predicted that a kickboxer would win the competition. Gracie, a "grappler" who was small in comparison to many of the competitors was thought to have little chance to win.

With his accomplishments, Gracie demonstrated to the world that his techniques matched up well against any other unarmed fighting technique.

their skills enough, they perfect their technique and enhance their warrior spirit through competition within their unit and in tournaments. Units are encouraged to hold internal competitions as part of their fitness training program.

"Nobody wants to let their unit or their buddies down in a competition," Maieritsch said.

The fighting techniques used in Modern Army Combatives are based on Brazilian Jiu-Jitsu techniques. The Soldier is taught to seize the initiative, get in close and bring the opponent to the ground. Once on the ground, the Soldier chooses from several courses of action to gain the advantage and disable the opponent.

"Close the gap, get them on the ground, achieve Dominant Body Position and finish them!" As Maieritsch describes the process, his voice gets louder and he gestures with his hands for emphasis. It is clear that he has used the phrase over and over again in his training.

Modern Army Combatives is also designed to give the Soldier the ability to defeat a much larger opponent, Maieritsch said.

Combat and other operations in the War on Terrorism, particularly in Iraq and Afghanistan, are conducted in close contact with the local population and with the enemy.

The U.S. Army has long enjoyed the ability to accurately engage enemy forces at a long distance. The Army still has that capability, but the enemy is aware of that advantage and seeks to eliminate it by operating up close and personal.

Operation Iraqi Freedom has shown that attacking logistical

support is a favored enemy tactic for affecting down the Army's ability to operate, Maieritsch said. Logistics convoys are a favored target for enemy attack.

"Not too many people will take on a tank, but a supply convoy is a tempting target," Maieritsch said.

"Before (learning combatives), I would have relied entirely on my weapon. Now I can rely on myself ..."

Sgt. Jonathan M. L. Nelson
27th Transportation Battalion
security manager

Logistics Soldiers have to have the ability to protect themselves – with or without weapons. COSCOM units have to be able to defeat ambushes and continue the mission. This may require COSCOM Soldiers to assault an objective and forcibly remove the enemy. It may also require them to fight off attempts to take prisoners to use as hostages.

"We've got to be able to fight through," Maieritsch said.

Direct combat isn't the only time combatives will come in handy for 3rd COSCOM Soldiers. Soldiers must be able to handle a wide range of potentially hostile situations.

While operating in crowded areas, Soldiers could be confronted with a simple disagreement or misunderstanding that threatens to get out of control. Some missions may require COSCOM Soldiers to help control crowds. An unruly crowd can quickly escalate to civil disobedience or a riot.

Without being able to use combatives skills to gain control of a situation, Soldiers are limited

to using their weapon to resolve a situation. Proficiency in combatives gives the Soldier a far wider range of capabilities for dealing with those situations. The opponent can be kept under control much more effectively and with less risk to bystanders if the Soldier can dominate the situation using combatives instead of having to use a weapon.

“Before (learning combatives), I would have relied entirely on my weapon. Now I can rely on myself. I know how to get in, get the person down and control the situation,” said Sgt. Jonathan M. L. Nelson, a transportation specialist who is the 27th Transportation Battalion’s security manager.

Brig. Gen. Rebecca Halstead, 3rd COSCOM’s commanding general, directed increased emphasis on combatives throughout the COSCOM, Maieritsch said. Her intent is that no 3rd COSCOM unit deploys without having a combatives trainer.

Currently, each of COSCOM’s Corps Support Groups has a trainer. More will be trained as the program picks up speed, Maieritsch said. The desired end state is that every platoon will have a Level 1 trainer, every company a Level 2 trainer and every Unit of Action will have a Level 3 trainer.

The training is being centrally managed and taught by the 11th Infantry Battalion at Ft. Benning, Ga.. It is a “train the trainer” process in which qualified and motivated Soldiers, many of whom have a martial arts background, attend an initial 40-hour program at Ft. Benning.

There, they learn the basic combatives techniques and philosophy that every Soldier needs



Command Sgt. Maj. Barry Maieritsch coaches future combatives instructors in the proper execution of the Straight Arm Bar.

as a warrior, referred to as Level 1. They also learn how to teach Level 1 techniques at their home unit.

Level 2 instruction builds on Level 1.

This course is also taught at Ft. Benning and provides more advanced combatives techniques. Graduates of the Level 2 course are qualified to train and certify Level 1 instructors. Level 2 graduates are also trained and equipped to referee unit-level tournaments.

Graduates of Level 3 are qualified to teach and certify Levels 1 and 2, referee larger tournaments and serve as master trainers.

Level 3 is a month-long course where students learn even more

advanced combatives skills including weapons fighting and some higher martial arts skills.

The Army’s goal is for every Soldier to be at least at Level 1, Maieritsch said.

“We will have an Army made up of Soldiers, future leaders, who are more self-confident than we’ve seen in 20 years. These will be tested and disciplined leaders who have faced fear, pain and criticism – and have learned to fight through those things and continue on,” Maieritsch said. “These are Soldiers who will be able to say, ‘You can pull whatever weapon you want, I’m confident I can handle it.’”

B.O.S.S.

BETTER OPPORTUNITY FOR SINGLE SERVICEMEMBERS

Contacts

Bamberg
DSN 469-1550

Darmstadt/Babenhausen
DSN 348-7220

Hanau
DSN 322-8209

Illesheim/Giebelstadt
DSN 468-7600

Mannheim
DSN 385-3169

Schweinfurt
DSN 354-6270

Vilseck
DSN 476-4028

Wiesbaden
DSN 337-6111

*BOSS meetings are held
the first and third
Thursday of every month.
Contact your local
BOSS representative
for meeting
times and locations.*

How do I become a BOSS Representative?

(1)

Contact your chain of
command and inform
them of your intentions.

(2)

Get a Special Area
Appointment memo signed by
your commander.

(3)

Begin attending meetings.

*Better Opportunities for Single Servicemembers
is a dynamic program dedicated to supporting
the overall quality of single Soldiers' lives
(bona fide bachelors, geographical bachelors, and
single parents) in Installation Management
Agency-Europe communities by providing them
with an effective voice at their installations.*

The Better Opportunities for Single Servicemembers program was established in 1989 to respond to the recreational needs of singles service members who make up 35 percent of the Army.

BOSS identifies real Quality Of Life issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single service members in identifying and planning for recreational and leisure activities.

Additionally, it gives single service members opportunity to participate in and contribute to their respective communities.

BOSS deals primarily with those things that the single service members can directly or indirectly influence to enhance their morale, living environment, or personal growth and development.

Some of the issues addressed by BOSS councils include dining facilities, education, fitness centers, barracks, medical and dental care, commissary, and Army & Air Force Exchange Service.

Recreation and leisure, quality of life, and community service are the core components of the BOSS program.

Recreation and leisure activities may be planned solely by the BOSS council or in conjunction with other MWR activities.

Service members assume the primary role in planning BOSS events.



Events planned by BOSS councils should meet the needs and desires of single service members on the installations.

BOSS councils have sponsored events such as soldier talent competitions, trips, dances, and concerts.

BOSS may also coordinate with installation commercial sponsorship personnel when planning some major events.

BOSS councils often elect to participate in community programs or projects that make a difference in other lives, the community, and ultimately, themselves.

BOSS members have volunteered to take part in Big Brother/Big Sister, Special Olympics, and Habitat for Humanity.

Renewing Your Spirit

By Chaplain (Lt. Col.) Larry Woods
3rd COSCOM Deputy Chaplain

As the light dawned this foggy morning in Wiesbaden, Germany, like the rest of the world we awakened to a new year. The last pages of the old 2004 calendars are now torn off, and fresh new calendars take their places. Many of us are making resolutions for the New Year --- lose weight, get started with education or training programs, be happier, change bad habits, begin better habits, etc. On this day, I think we're transported back to the days of the playground when we were children.

Remember when we would gather at the nearest vacant

lot to play baseball, football or basketball. Even wars, fights, and skirmishes were played and re-played there!

You could count on it that at least one player on the losing side would reach his limit of patience, and he would throw his glove on the ground with disgust, blurt-ing, "Gee, guys, this ain't fun any more! Let's quit, choose up sides, and start over!"

I'll bet there is not one of us who has not felt that way at some time or another! Wouldn't it really be nice if we could stop things as they are and begin some portion of our lives again?! We may not

be able to undo the things we've done in the past, but what a blessing it would be if we could just start things over. According to 2 Corinthians 5:17 (NIV) "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!", we can begin things again, in a way.

No, we cannot rewrite history or undo words and actions of the past. There is a sense in which "what's done is done."

However, when we turn our

"In repenting of past sins and facing the future with faith and trust in Almighty God, we can write a record of our lives that is significantly different than our past!"

Chaplain (Lt. Col.)
Larry Woods

attention from the past to the present and future, we are given a great gift by God in that we can become a "new creation."

In repenting of past sins and facing the future with

faith and trust in Almighty God, we can write a record of our lives that is significantly different than our past!

At the risk of being accused of oversimplifying things, I do think the Scriptures give us at least four key pieces of instruction about starting over in life; Live Right, Work Hard, Warn Others, Worship Together!

Why not begin this day with the simple request in prayer that God would give you the intention and grace to put these into practice in your life this year? You may be surprised at how radically different your life can become!

Spiritual Fitness Events

Attend one of our Marriage Enrichment Training events soon. If you want to make your marriage stronger, attend one of these events today.

Dennis Swanberg will be coming to 3rd COSCOM and your immediate area between March 27 and April 1. You will not want to miss this gifted speaker and his inspirational message. Your Unit Ministry team will post the date and time of his performance.

Attend the Chapel of your choice every week. Attend a Bible Study in your unit or chapel.

3rd COSCOM (Wiesbaden)
Chaplain (COL) Larry Robinson, 337-5197
MSG Lew Lewis, 337-5544
Chaplain (LTC) Larry Woods, 337-6827
SSG David Thomas, 337-5322

27th Transportation Battalion (Wiesbaden)
Chaplain (CPT) Ray Folsom, 337-7220
PV2 Jared Gregory, 337-5293

7th Corps Support Group (Bamberg)
Chaplain (MAJ) Richard Pacania, 469-7122
SSG Derontae Robinson, 469-7124

18th Corps Support Battalion (Vilseck)
Chaplain (CPT) Denise Hagler, 475-8260
SGT Kassi Santiago, 475-8231

7/159th Aviation Intermediate
Maintenance Battalion (Illesheim)
Chaplain (CPT) Diane Crane, 476-4642
SPC Angela Curry, 467-4826

71st Corps Support Battalion (Bamberg)
Chaplain (CPT-P) Richard Garvey, 469-7860
SGT James Budgett, 469-7861

16th Corps Support Group (Hanau)
Chaplain (MAJ) Vernon McClearn, 323-3067
SSG Arthur Washington, 323-2648

485th Corps Support Battalion (Hanau)
Chaplain (CPT) Ferdinand Madu, 323-2542
PVT Christina Peters, 323-3473

181st Transportation Battalion (Mannheim)
Chaplain (CPT) Todd Williams, 380-9269
SGT Pamela Palager, 380-9247



Maj. Gen. Walter Wojdakowski, V Corps deputy commanding general, presents a coin of excellence to Pfc. Yulanda Grootfaam, STB.

SUSTAINING THE SUSTAINERS

Story & Photos by Bruce Anderson, 3rd COSCOM Public Affairs

The Leaders and Soldiers of 3rd COSCOM's Special Troops Battalion provided logistical support to more than 750 Soldiers and civilian employees of the V Corps Rear Command Post and the 3rd COSCOM Command Post during exercise Victory Start on Wiesbaden Army Airfield in October of 2004.

STB provided food, water, lodging, trash disposal, latrines, shower facilities, fuel, and power throughout the exercise, including during set up and teardown of the CP, said Maj. Alan Morgan, STB's executive officer.

"All the things you take for granted in your daily life, we replicated at the exercise," Morgan said.

"The Life Support Area was like a hotel," said Sgt. Maj. Victor Blade, 3rd COSCOM's G3 sergeant major, and one of the LSA residents during the exercise. "They even provided everyone who

stayed there a welcome brochure that had everything in there; meal times, shuttle bus schedule, you name it, it was in there."

Blade also had high praise for the appearance and condition of the LSA.

"It was a well-managed, well-heated and well-kept area. But most important of all, it was all

"All the things you take for granted in your daily life, we replicated at the exercise."

Maj. Alan Morgan
Special Troops Battalion
executive officer

done to a standard," Blade said.

The logistical support provided by STB didn't stop at the essentials. The battalion also provided important morale enhancing services, Morgan said.

"We had a chapel tent and a Morale, Welfare and Recreation facility where Soldiers could watch

movies at night," he said. "We also provided a shuttle service to get people where they needed to go."

The shuttle bus system served two purposes. During the duty day, the shuttle brought people to the exercise, took them to essential services such as medical or dental, and took those who didn't stay in the LSA back to the main post at the end of the day.

In the evening, the shuttle made runs to the Post Exchange complex, where Soldiers could shop, do laundry, or even see a movie in the theater. The STB Rear Detachment and the Family Readiness Group also played an important role in the exercise, Morgan said.

"We tested the Rear Detachment and FRG infrastructure," he said. "We checked the information flow, updated telephone trees, and kept family members up to date."

The FRG also provided the projector and the DVDs for the MWR tent, Morgan said.



Lt. Col. Frederick Brown, STB Commander, briefs Lt. Gen. Ricardo Sanchez, V Corps Commanding General, during a tour of the Life Support Area.

To ensure that everything at the CP and LSA went smoothly, and to be able to handle emergencies and problems, the battalion staff operated a 24-hour Command and Control cell at the exercise site.

Soldiers and non-commissioned officers started emplacing the structure two weeks before the actual exercise. During the set-up phase of the exercise, the Soldiers put the CP flooring down, erected the tents, put in power and communications wiring, and moved furniture and equipment into place, Morgan said.

STB is a one-company battalion, and that company is the headquarters company. That means the whole battalion is made up of the staff officers, NCOs and Soldiers of the 3rd COSCOM headquarters, plus a very small

battalion staff and an even smaller company headquarters.

By nature of what the battalion's members do, there are quite a few senior officers and senior NCOs in the battalion.

"We are very top-heavy with officers and senior NCOs. Soldiers in the ranks of Staff Sgt. and below make up only 40 percent of the whole unit. That's an inversion of the rank pyramid in a line battalion," Morgan said. "Those young Soldiers carry the load when it comes to setting up and maintaining the CP."

During the exercise, those same Soldiers, with NCO oversight, worked in teams maintaining heaters, generators and other equipment as well as performing their primary tasks within the CP.

The main training objectives

for Exercise Victory Start were to train the staff on setting up and operating the 3rd COSCOM CP, fully integrate the COSCOM and Corps Rear staffs, operate key Command and Control systems, and to coordinate and validate procedures between COSCOM and Corps and also those internal to COSCOM, said Lt. Col. Brian Rogers, the officer in charge of training for 3rd COSCOM.

The STB commander's mission in providing logistical support to the CP boils down to one thing, Morgan said. That mission is to ensure V Corps Rear and 3rd COSCOM staff can focus 100 percent on mission and not worry about life support issues.

"We've got the ball, we plan our work and we work our plan," Morgan said.

NEWSNOTES

Sustainer Challenge

In today's Army, every Soldier is a warrior. Every Soldier must be proficient in the basic combat skills, and every Soldier must be instilled with the Warrior Ethos.

Sustainer Challenge is 3rd COSCOM's training program designed to accomplish those very objectives. It is a phased program that establishes a framework and standards for training and unit certification.

The program concentrates on three areas; small arms marksmanship, dismounted critical tasks, and mounted critical tasks. The program will be carried out in five phases.

Once a Soldier has completed Sustainer Challenge, he or she will be competent and confident on all warrior tasks, and will have completed a rigorous "CMTC-like" experience.

Read next quarter's Sustainer Magazine for the full story on Sustainer Challenge.

Phase I

Train The Trainer

...Observer Training
.....OPFOR Academy
.....Small Arms
.....Master Marksman

Phase II

Preliminary Marksmanship Instruction Night Optic Qualification
Qualification **Weapons Familiarization and Qualification** Reflexive Fire
Buddy Team Live Fire Exercises Night Unassisted Qualification Nuclear Biological Chemical

Phase III

Sequence of Events

Soldiers Conduct Infantry Squad and Team Task
Platoon Collective Tasks
Conduct STX Lanes in LTA
Phase 3 Qualification

Platoon STX

Phase IV

~ day & night live fire ~ engaging targets with live and blank rounds
~ blank fire ~ engaging targets from stationary vehicle
~ react to RPG ~ blank fire from vehicle
~ convoy operation
~ engaging targets

Platoon CLFX

Phase V

Task: Demonstrate METL proficiency on "Protect the Force" during convoy and Forward Operating Base (FOB) operations.

Conditions: Day and Night

Aggressive Enemy

Civilians on the Battlefield

External Evaluation/ Current MTP

Pull-Out Posters

The 3rd Corps Support Command provides logistics support to V Corps. We enable the corps to support high levels of combat over the duration of major operations. Our battle-field support facilitates the V Corps commander's ability to generate combat power at the decisive time and place.



The center of each Sustainer magazine will host a double-sided poster representing two of the 3rd Corps Support Command's areas of support ...



~ Moving ~ Sustaining
~ Arming ~ Fueling
~ Fixing ~ Control Centers
~ Commanding & Controlling

NEWSNOTES

Prepare

winterize your home & POV

implement ice & snow removal

never drink & drive

treat cold weather injuries

ensure emergency car kits

risk assess dangerous operations

Department of Defense stickers on Personally Owned Vehicle windshields are unauthorized while Outside the Continental United States and should be removed.

Maintain situational awareness and vary routes while traveling to work. Avoid complacency at all costs and prevent creating an easy target for terrorists.

When traveling OCONUS always have a buddy, never go alone, and ensure you are aware of current threat conditions of your destination.

Stay Alert

Identification Cards are sensitive items, avoid losing them as terrorists seek easy ways to gain access to our installations

The 221st Base Support Battalion Provost Marshal Office reminds all drivers it is illegal to drive on farm roads. Only residents who live off the farm roads are authorized to drive on them. Military Police will be ticketing violators.

Not In Our Army!

The Department of Defense has opened a toll-free telephone number for individuals who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Misconduct.

The number -- **1-800-497-6261** --

is staffed from 9 a.m. to 9 p.m. EST, Monday through Friday.

The Army has a similar hot line:

1-800-464-8107 in and outside CONUS

For Spanish speakers, **1-888-732-0920**

USAREUR Sexual Assault Hotline

DSN: **371-3550** or **3551**

Toll Free: **00800-0-277-2858**

00800-0-ASSAULT

Rape, Abuse, and
Incest National Network
1-800-656-HOPE

The National Sexual Violence
Resource Center
1-877-739-3895

CARE

CARE

**Corps Accident
Reduction Emphasis**

*share your ideas for improving
V Corps Safety and Accident
Reduction programs*

CARE Hotline
06221-57-6827
DSN (314) 370-6827

Families Spend Holidays Preparing for Deployment

Story & Photos by Spc. Mary E. Ferguson
3rd COSCOM Public Affairs



Spc. Christopher G. Holland (far right), a supply specialist with the 515th Transportation Company, joins his wife, Anne, daughters, Anissa, 7, Alison, 3, and brother, Spc. Eddie A. Holland in front of the family Christmas tree.

Anissa reaches to add an ornament to the tree.



Sgt. Nieves Rodriquez, a truck driver with the 515th Transportation Company, his wife, Dionely, and daughter, Victoria, 7, pose for the camera, while his 3-year-old Isabel sneaks a peek at the Christmas tree.

Isabel reaches around to the back of the tree, making sure the final ornament goes in just the right spot.



Staring across a sea of ribbon and wrapping paper, the Soldier anchored his eyes on his children's smiling faces. As his Christmas spirit tangled with thoughts of his upcoming mission, the father's gaze drowned in the moment. With a stern sniffle, he quickly wiped a tear from his cheek. He flashed a shaky smile as his daughter announced, "Look Daddy! Look what I got!"

With several units staring deployment in the face, families throughout the 3rd Corps Support Command displayed similar portraits of emotion during the holiday season.



Holland stands at attention during the 181st Transportation Battalion's deployment departure ceremony. He is surrounded by other 515th Transportation Company Soldiers. The 377th and 51st Transportation Companies were also recognized at the ceremony.

Spc. Christopher G. Holland, a supply specialist with the 515th Transportation Company, Mannheim, and his family added deployment preparation to their 2004 holiday planning list.

Holland met and married his wife, Anne, a German native, in 1996, during his first four-year enlistment.

He reenlisted in 2004, following a four-year break in service. Only months later, the Hollands began getting themselves and their two daughters, Anissa, 7, and Alison, 3, ready for Daddy to leave.

"With this being my first deployment, we (my family) are not really sure what to expect," Holland said. "We are just trying to be ready for whatever obstacles may come our way."

In preparation for the change, the Holland's moved their home.

"We lived in off-post housing near Darmstadt," said Holland. "With me being away, we decided on-post housing would be more convenient to the support systems available for Anne and the girls."

"I will quit my job when he leaves," Anne explained. "I work at a German retail company and the hours are typically in the evenings. With him gone, I need to be home at night with the girls."

Anne is also a contact person for the Family Readiness Group and has increased her involvement, Holland said.

"I am responsible for keeping the wives informed and assisting with organizing events like Christmas parties and gift-wrapping donations," Anne added.

The Family Readiness Group holds monthly meetings and focuses on helping families get through the battles at home while their soldiers face the battles down range, Anne said.

"Mentally, I am ready to go down range, ready to prove myself and in a way get it over with and get back to my family," Holland said.

"While he is down range, I just want to be strong for the girls so I can be able to explain to them what is going on, where Daddy is," Anne added. "Alison is a Daddy's girl, so getting her adjusted to him being gone will be hard."

After almost five months of preparations, the Hollands were able to focus on each other as they celebrated a traditional German Christmas, December 24, with Anne's mother in Darmstadt.

Holland's brother, Spc. Eddie A. Holland, a systems switch operator with the 72nd Signal Company, returned from Iraq in late November and joined the family for the December 25 Christmas tradition.

"Without knowing what to expect, we've done everything we can think of at this point," said Anne.

"All that is left to do is spend as much family-time together as we can," she added.

Just blocks away from Holland, Sgt. Nieves Rodriquez, a truck driver also with the 515th Transportation Company, prepared for his second deployment.

With 11 years of military service, eight years of marriage, two children and a year-long deployment

under his belt, Rodriguez was grateful to have the holiday season to prepare himself and his family for his second deployment.

"I was given 72 hours warning prior to my first deployment in February 2003 compared to the almost five months notice this time," said Rodriquez.

The extra time, coupled with the experience of my first deployment, helped me prepare for this upcoming year of separation from my family, the Texas native added.

Rodriguez's wife, Dionely, is a family child-care provider. The couple has two daughters, Victoria, 7, and Isabel, 3.

"I began talking to the girls (Victoria and Isabel) a few months before Christmas," Rodriquez said. "I told Victoria that Daddy is going back to the desert, like he did before, and I need her to be a big girl and help her mother take care of things while I am gone."

"Isabel doesn't really understand, but as Nieves began to wear the desert colors I think she started to grasp that he was leaving and began clinging to him a little more," Dionely explained.

The Rodriguezs are regulars at the community's Family Readiness Group meetings. As secretary of the company's group, Dionely takes minutes at the meetings and assists in organizing a phone-tree system to maintain the support and communication among the Soldiers' families.

Dionely devised a plan of action to prepare herself,

Victoria and Isabel for not only the moment Rodriquez leaves, but also for the year they will have to cope without him being around.

"I learned from the first deployment that time passes quicker if you keep busy," Dionely said. "I plan on keeping Victoria involved in Girl Scouts, soccer and tee ball, while getting both girls in bible school."

"For myself, I am going to the gym everyday and I am going to go to school to further my education in family child care," she added.

"Both of our mothers visited during Thanksgiving and we spent early December trying to get into the Christmas spirit, even though we knew he was leaving soon," Dionely said.

The Rodriguezs attended a church service on Christmas Eve, followed by a small get-together and cookie-making.

They opened gifts Christmas morning and spent the afternoon relaxing as a family.

"I was deployed during the holidays last year, and I will be away from home next season too," Rodriquez said.

"The greatest Christmas gift is just being here with my family," he said.

Whether facing the unknowns of a first deployment, like the Hollands, or applying experience to a second deployment, like the Rodriguezs, spending the holidays preparing for deployment magnifies the meaning of family time.

Just hours before the 515th Transportation Company departure, Rodriguez holds his family close. Other 515th families and Soldiers gathered in a gymnasium on Turley Barracks, Mannheim, sharing last moments before a year-long separation.



Welcome

This section of Sustainer magazine is devoted to 3rd COSCOM families and the Family Readiness Groups that serve them.

In each issue of the magazine, we will have space to discuss topics important to us. If you would like to see a particular topic here, or if you would like to write a family readiness article for the magazine, please let me know.

As the 3rd COSCOM Senior Family Readiness Group Advisor, my job is to focus on policy issues and overall command readiness.

I will meet regularly with FRG steering committees and advise the COSCOM's senior leadership on our progress toward the command's readiness goals.

I'm here for you and can be reached at DSN 337-5632 / 0611-705-5632. I look forward to a great year working with all of you.

**Debbie
Maccagnan**

3rd COSCOM
Senior FRG Advisor



Army Fam

The Family Readiness Group, formerly known as the Family Support Group, is a concept with a history dating back to the American Revolution.

Since then, Army families have banded together to provide information, moral support, and social outlets to each other. The FRG as we know it today is based to a large extent on lessons learned during the 1990–1991 Gulf War.

On June 1, 2000, Department of the Army changed the name to Family Readiness Group to emphasize the need for readiness and self-sufficiency among Army families in the modern Army.

The FRG is an organization of family members, volunteers, Soldiers, and civilian employees belonging to a unit.

Together, they provide an avenue of mutual support and assistance and a communication network among the members, the chain of command, and community resources.

All assigned and attached Soldiers (married and single), their spouses, and their children are part of the FRG.

Extended families,

parents, siblings,

fiancées, boyfriends, girlfriends, retirees, DA civil-

ians, and even interested community members can and should be included

Army families have banded together to provide information, moral support and social outlets to each other.

Family Readiness
Group Handbook

The FRG mission is to assist commanders in maintaining readiness of Soldiers, families, and communities within the Army by promoting self-sufficiency, resiliency, and stability during peace and war.

The FRG is the commander's responsibility. Family member volunteers play critical roles, but the commander is the one who is ultimately responsible for the program.

Families Band Together

FRGs typically are organized at two or more levels forming a support network for unit Soldiers and families:

The unit-level FRG is the “grassroots” organization for Soldier and family readiness in the Army. Its main function is to build a friendly support and information network for the members before, during and after deployments.

The battalion-level FRG serves in an advisory and support capacity for unit-level FRGs.

Company-level FRGs are supported by a volunteer FRG Leader (spouse or family member) and a Soldier who serves as an FRG Liaison.

The FRG Leader runs the unit FRG meetings in conjunction with the unit commander. The FRG Liaison assists the FRG Leader and the Commander in coordinating FRG meetings and activities.

FRG meetings occur at the Company level on a recurring basis – usually monthly.

Company-level FRGs are also supported by Family Readiness Support Assistants at the Battalion, CSG and COSCOM level. The FRSA is a new position

developed to provide a full-time paid employee at these levels of command to assist FRG operations and to provide a variety of administrative support to all FRGs in the organization. The 3rd COSCOM is currently in the process of hiring these individuals to support our FRGs.

The Battalion Commander, his staff, and spouses provide guidance and support for the company-level FRGs. Often, the battalion commander and staff, and their families, are members of the headquarters unit FRG, which mirrors the basic structure of other company FRGs.

At the battalion level and higher, the commander appoints a senior spouse to lead the FRG steering committee (sometimes called advisory committee). The steering committee interfaces with unit-level FRGs to ensure that the battalion and higher command family readiness goals are met.

The FRG steering committee consists of senior spouses and Soldiers who: ***plan, activate, and coordinate overall FRG support; address family member concerns; appropriate to the battalion; form organizational linkages between higher command and spouses; pass pertinent information to unit FRG representatives; form volunteer committees to assist in the above activities***

Editor's Note

The above information is taken from the FRG Handbook. To download a copy of the handbook, go to <http://www.armycommunityservice.org/home.asp> and click on Deployment Readiness. The FRG Handbook and several other useful guides are available for download.

There is also a new website on FRGs at <http://FRG.army.mil> where commanders, FRG Leaders, FRG Liaisons, and FRSAs can go for resources, tips, tools, ideas, and information on how to make FRGs better.

This new website is special because it is designed and managed by experienced FRG Leaders past and present who are passionate about FRGs and have a desire to share with others.

The Army Family Readiness Group



Leader's Handbook



Your IG ...

Helps train the Army.

Is responsible to the U.S. Army, the IG System, and the Commander (Commanding General).

Sphere of Activity includes everything for which the Commander is responsible.

IGs provide assistance, conduct inspections, conduct investigations/inquiries, teach & train.

Ultimately he/she is the extension of the eyes, ears, voice, and conscience of the commander.

IGs can only advise, not order or direct a Commander to act upon a situation.

IGs can inquire/investigate violations of laws, regulations and policies/directives.

Army Active Duty personnel, Reserve (Federal Status), National Guard (Federal Status) and other DOD military and civilians must cooperate with an IG.

3rd COSCOM IG Office

LTC Bob Ley	337-6946
MSG Derrick Smith	337-6945
SFC Michael Ervin	337-6943
SFC Leslie Parker	337-6944
SFC Michael Smith	337-6942
SFC Gary Shuler	337-6941
SFC Sharon Boose	337-6940
SFC Keith Hayes	337-5803
PFC Victoria Johnson	337-5040

Kuwait (Camp Arifjan):
318-430-6119 or 6330 or 7149

Balad, Iraq:
318-833-1318 or DNV 302-529-8018

Baghdad:
318-822-2492

Talil AB:
318-833-1318

Afghanistan:
318-231-4028 or 4027

Family Care Plans, Support

In USAREUR, 40 percent of the Inspector General Action Requests are nonsupport of family members. As Soldiers, we are obligated by regulation to support our families. Army Regulation 608-99 governs Family Support, Child Custody, and Paternity.

This obligation is frequently complicated when the Soldier is geographically separated from the family.

In the majority of these situations, the Soldier and the family can manage the financial support without command involvement. The commander must become involved when a family member or authorized representative of the family member complains that the parties are unable to agree on a proper method to provide financial support.

The company or battalion commander, as appropriate, will fully investigate every inquiry alleging financial nonsupport on the part of a Soldier and provide complete, accurate, and timely information to the individual making the inquiry.

The commander should seek legal advice from the servicing Staff Judge Advocate office if in doubt as to the requirements or application of this regulation in a particular case. This advice should not come from a legal assistance attorney who advocates the client's interests. The responsible commander will send a reply in response to each inquiry within 14 days of its receipt.

Who Needs FCP?

- (1) A pregnant Soldier who
 - (a) Has no spouse; is divorced, widowed, or separated; or is residing without her spouse.
 - (b) Is married to another service member of an Active or Reserve component of service (Army, Air Force, Navy, Marines or CoastGuard).
- (2) A Soldier who has no spouse; is divorced, widowed or separated, or is residing apart from his or her spouse; who has joint or full legal and physical custody of one or more family members under the age of 19 or who has adult family member(s) incapable of self-care regardless of age.
- (3) A Soldier who is divorced (not remarried) and who has liberal or extended visitation rights by court decree which would allow family members to be solely in the Soldier's care in excess of 30 consecutive days.
- (4) A Soldier whose spouse is incapable of self-care or is otherwise physically, mentally, or emotionally disabled so as to require special care or assistance.
- (5) A soldier categorized as half of a dual-military couple of the AA or RC of any service who has joint or full legal custody of one or more family members under age 19 or who has adult family member(s) incapable of self-care regardless of age.

"IG SPOTLIGHT"

**Sgt. 1st Class
Keith C. Hayes**
42A
Human
Resource
Specialist



Sgt. 1st Class Hayes was born and raised in Southhill, Va. He has 14 years of military service to include two years as an infantryman and 12 years as a Human Resource Specialist. Hayes has a vast knowledge of G-1/PAC/S-1 functions and EMILPO. He was assigned to 3rd COSCOM July 2004.

Safety Drives Motor Pool Maintenance

By Mark Gettel
3rd COSCOM Safety Specialist

The motor pool has the potential to be a dangerous place. Two of the biggest hazards in motor pools are handling hazardous materials and servicing tires.

Because of the high number of accidents nationwide the U.S. Occupational Safety and Health Administration has implemented regulations covering the handling of hazardous materials and servicing of tires.

Most of the accidents occurring with hazmat and tires are the result of individuals lacking the necessary training to perform these tasks safely.

The regulation applies to anyone involved in the servicing of

multi-piece and single-piece rim wheels used on large vehicles such as trucks, tractors, trailers, buses and off-road machines. OSHA considers the simple act of inflating or deflating a tire to be servicing. For example, if you have a Soldier who drives a 5-ton and adds air to the tire, that Soldier needs to be trained.

This training is mandatory and can prevent needless fatalities and injuries. According to the Army's Risk Management Information System (RMIS), in the past 60 months five Soldiers have died from rim explosions and 15 were seriously injured. With proper training in the servicing of tires, usage of tire cages and hose extensions, we can protect Soldiers from harm.

Another area of concern in motor pools is hazardous material handling safety. OSHA and the Army have directed that all units who use hazardous material have a hazard communication program. Workers who work with hazardous materials will be given training on proper use, storage and disposal of these materials.

OSHA requires that the hazard communication program at a minimum, will be composed of the following elements: Materials inventory, Material Safety Data Sheet (MSDS), labeling of hazardous material, training and a written program, which ties all of these together.

This material is also located on the COSCOM webportal.

Quiz



Which individual is the next casualty?

If you have any questions regarding safety requirements please contact the 3rd COSCOM Safety Office at DSN 337-5025.

The office has an abundance of training material, boilerplate written programs and other safety related information.

Don't Be a Drowsy Driver

The third largest cause of Personally Owned Vehicle fatalities is drivers falling asleep at the wheel. The American Automobile Association offers the following tips for drivers to avoid falling asleep at the wheel.

Prepare for your trip by getting a good night's sleep the night before. Plan to drive during the time that you are normally awake, and stay overnight rather than traveling straight through.

Avoid driving during the body's "down time". According to AAA, this is generally in the mid-afternoon and between midnight and 6:00 a.m.

If you have passengers, talk to them. It will help to keep you alert, and they will also be able to tell if you are showing signs of getting sleepy.

Schedule a break every two hours or every 100 miles. Take a nap, stretch, take a walk and get some exercise before resuming your trip.

Stop sooner if you show any danger signs of sleepiness.

WARNING SIGNS OF DROWSINESS AND FATIGUE

~ If you can't remember the last few miles driven

~ If you have wandering or disconnected thoughts

~ If you experience difficulty focusing or keeping your eyes open

~ If you have trouble keeping your head up

~ If you drift from lanes or hit a rumble strip

~ If you yawn repeatedly

~ If you tailgate or miss traffic signs

~ If you find yourself jerking your vehicle back into lane



Spc. James W. Brown breaks from mixing to consult with the appropriate biscuit recipe card. Brown, a food service specialist with the 529th Ordnance Company, earned the title 3rd COSCOM Food Service Soldier of the Quarter for first quarter FY 05.

the *Hands* that Feed You

Story &
Photos By
Spc. Mary E. Ferguson
3rd COSCOM Public Affairs

Early morning chatter fills the lobby as hungry Soldiers filter through the dining facility doors. Fueled by thoughts of eggs and bacon, they hurry to claim their spot in line. The first Soldier fumbles through the pockets of his Army Physical Training Uniform. He retrieves and flashes his meal card, never shifting his focus from the smells ahead. He races past the steaming choices, pointing at his stomach's desires. After inhaling half of his food, he joins a conversation about the day ahead.

Three times a day, Soldiers and civilians can fill their stomachs, have their conversations and drive on with their individual missions without second-guessing the process that created their meals.

Army Food Service Operations Specialists make this worry-free dining possible by supervising the preparation and service of food in garrison and field environments.

Despite the impact food service specialists have on individuals' health and nutrition, much of their job is unseen by the people they feed.

Prior to working in food service operations, food service specialists acquire the ingredients for success during an 8-week Initial Entry Training course.

"IET teaches you knowledge of what foods should be at what

Alan E. Bullock, also with the 529th Ordnance Company. "It is important to understand and use these cards to prepare consistent meals."

Brown was named 3rd Corps Support Command's Food Service Soldier of the Quarter for first quarter FY 05. Bullock received the quarterly award at the noncommissioned officer level.

In preparing for field environment situations, food service specialists also learn how to set up Mobile Kitchen Trailers and the differences in serving food while in the field versus the garrison environment, said Brown.

With these basic but essential skills, food service specialists begin contributing to the daily

p.m., and the night shift runs from 10 p.m. to 4 a.m., explained Bullock.

"Each shift has different responsibilities," said Bullock. "The people who serve lunch probably are not the people who prepared it."

The morning shift usually prepares and serves breakfast and then prepares lunch. Lunch is served by the evening shift, which then prepares and serves dinner, explained Brown.

"While most soldiers are sleeping at night, the night shift is prepping ingredients and baking pastries for the next day's meals," said Brown.

The individual roles a food service specialist may play during a shift can range from vegetable preparation and meat cooking, to

"Service is only a part of our daily jobs, but it is usually the only part others see us doing."

Spc. James W. Brown

3rd COSCOM Food Service Soldier of the Quarter First Quarter FY 05

temperatures, basics on how to prepare small and large quantities of food, nutrition guidelines, sanitation standards, and mainly, how to read and follow a recipe card," said Spc. James W. Brown, a food service specialist with the 7th Corps Support Group's 529th Ordnance Company, Vilseck.

"Every food or meal we prepare has a recipe card with ingredient measurements, cooking times and temperatures, and other instructions to follow," added Sgt.

operations of a dining facility.

"Service is only a part of our daily jobs, but it is usually the only part others see us doing," said Brown. "Most of our work hours fall outside of the short breakfast, lunch and dinner times."

In the garrison environment, food service specialists typically work one of three shifts.

The morning shift runs from 5 a.m. to 12:30 a.m., the evening shift runs from 10:30 a.m. to 6:30

service, and facility maintenance.

"You have to be flexible and be able to jump from task to task," explained Bullock.

"All the time, making sure you don't get complacent if you have to do the same task for a while," he added.

Higher levels in the chain of command also perform inventory and ordering procedures, and produce monthly menus that meet Army-wide standards.

Throughout every shift and

during every task, all food service specialists are responsible for maintaining sanitation and safety standards.

Standards are not limited to the kitchen area. The dining area, food storage areas and the overall maintenance of dining facilities must be evaluated constantly.

“We can have an inspection at any time, so we must always be doing the right thing,” said Bullock.

“As an NCO I have to pay attention to the soldiers around me, and always supervise their actions too,” he added.

Following hours of preparing and cooking, food service specialists finally see and serve the faces they feed.

While dining facility doors are opened to hungry mouths, Soldiers wearing cook white uniforms run from kitchen to service line refilling serving trays, checking temperatures and ensuring sanitation standards.

“Then there’s the clean-up,” said Brown.

At shift’s end, food service specialists replace their white uniforms with Battle Dress Uniforms.

“It’s hard sometimes to work a full shift at odd hours and then have to do PT or motor pool work,” said Bullock. “But, we are Soldiers.”

With every bite a Soldier or civilian takes, he chews the results of countless IET courses, hours of food preparation and bundles of sanitation checklists.

He can swallow with ease, knowing the hands that feed him belong to Army Food Service Operations Specialists.



Sgt. Alan E. Bullock, the 3rd COSCOM Food Service NCO of the Quarter, first quarter FY05, presses out circles of dough for the next batch of biscuits. Bullock is a 529th Ordnance Company Food Service Specialist.

EQUAL OPPORTUNITY

Upcoming

Commemorations and Ethnic Observances

February

African-American/Black History Month

March

Women's History Month

April 18 - 25

"Days of Remembrance" for victims of the Holocaust

May

Asian - Pacific Heritage Month

August 26

Women's Equality Day

September 15 - October 15

Hispanic Heritage Month

November

Native American Indian Heritage Month

Contact your unit Equal Opportunity Representative or Advisor for a community events schedule, or if you would like to participate.

Wiesbaden and Bamberg Communities

Sgt. 1st Class Monica Herron
3rd COSCOM EOA
DSN 337-5571
civ (0611) 705-5571

Hanau Community

Sgt. 1st Class Nichelle Sanders
16th CSG EOA
DSN 323-2998
civ 06181-180-2998

EOA Combats Discrimination

By Sgt 1st Class Monica Herron

As the 3rd COSCOM Equal Opportunity Advisor, I am the "eyes and ears" to the Commanding General in eliminating discrimination and sexual harassment.

I am committed to ensuring equal opportunity and fair treatment for military personnel, family members and Department of the Army civilians without regard to race, color, religion, gender and national origin.

In order to continue sustaining a healthy EO climate throughout COSCOM, several programs and resources are in place to assist Commanders.

Training is an essential part in educating leaders and Soldiers on the prevention of sexual harassment and discrimination.

The Equal Opportunity Climate Assessment Survey is one of the training tools used to assess what areas to focus on such as racism, sexism, sexual harassment, race discrimination and gender discrimination.

An Equal Opportunity Representative is assigned to battalion and company level to assist in training Soldiers. Attempts are always made to resolve Equal Opportunity complaints of alleged unlawful discrimination or unfair treatment on the basis of race, color, religion, gender or national origin at the lowest level in the unit.

The processing of EO complaints through the unit chain of command is strongly encouraged.

EOAs are certified in mediation to resolve informal complaints.

If a complaint cannot be resolved informally, then a formal complaint can be filed with an EOA. Formal complaints require

specific actions, are subject to timelines, and require documentation of the actions taken.

The Wiesbaden, Hanau and Bamberg community EOAs and EORs assist each other in planning, organizing and conducting diversity awareness events for special commemorations/ethnic observances.

"I am committed to ensuring equal opportunity and fair treatment for military personnel, family members and DA civilians ..."

Sgt. 1st Class Monica Herron
3rd COSCOM EOA

Your Role in EO

Soldiers are more productive, team oriented and remain focused on the mission in an environment that is free of sexual harassment and discrimination. In order to continue to sustain a healthy EO climate within 3rd COSCOM, your EOA must be made aware of equal opportunity matters within your unit. The Army EO program continues to support equality and respect for all Soldiers regardless of his or her race, color, religion, gender and national origin. A healthy equal opportunity environment results in mission accomplishment and combat readiness.

CAREER COUNSELOR CORNER

Welcome to the Career Counselor's Corner, dedicated to letting the Soldiers and their Families know what's going on in the world of Reenlistment.

Retaining our Soldiers is everyone's job. This is evident in the commanders', command sergeants' major and first sergeants' interest in helping keep our Army strong through reenlistment.

We encourage all Soldiers to do their very best and do what's right at all times. Soldiers must remain physically fit and mentally tough. Being able to go the extra mile is what we need to keep our force the very best in the world.

It is our duty to serve you as your Career Counselors and we take great pride in those duties. Please contact your local career counselor at anytime.

We are in the Soldier business, and just because you are not in the normal reenlistment window (12 to 3 months from ETS) does not mean we do not want to hear from you. If you start preparing for a promising career early, it is much easier to reach those goals set by all good Soldiers.

In future editions of this article you will find the latest changes to the Army Retention Program, reenlistment bonus information, how to become a recruiter, how to become more competitive for promotions, and a host of other topics that will assist you in continuing with the best team in the world, the United States Army.

Contacts

Command Career Counselor

Sgt. 1st Class Darrah
DSN 337-5355

Hqs. and Separate Battalions

Sgt. 1st Class Lopez
DSN 337-5157

7th Corps Support Group

Sgt. 1st Class Bragdon
DSN 469-7131

18th Corps Support Battalion

Staff Sgt. Lewis
DSN 475-8356

71st Corps Support Battalion

Staff Sgt. Wade
DSN 469-8802

16th Corps Support Group

Sgt. 1st Class Sims
DSN 323-3202

181st Transportation Battalion

Staff Sgt. Kelley
DSN 380-4153

485th Corps Support Battalion

Staff Sgt. Crist
DSN 322-8036

1st Quarter FY05 Retention Accomplishments

Unit	Initial Term Soldiers			Mid-Term Soldiers			Career Term Soldiers		
	Objective	Actual	%	Objective	Actual	%	Objective	Actual	%
7th CSG	29	29	100.00	17	17	100.00	7	10	142.86
16th CSG	16	24	150.00	13	22	169.23	9	12	133.33
*Separates	8	8	100.00	5	5	100.00	6	6	100.00
COSCOM totals	53	61	115.09	35	44	125.71	22	28	127.27

* Separates : STB, 19th SVC, 27th TRANS



DEPLOYMENT EXERCISES

Sgt. Damon Walker supervises as a Heavy Equipment Transporter from the 11th Transportation Company, 18th Corps Support Battalion, is loaded onto a rail car during the company's Deployment Exercise. Other typical activities during a DEPEX included maintenance inspections, preparation of deployment paperwork and inspection of shipping containers.

*Photo by Lt. Col. Bruce Ferri,
18th Corps Support Battalion*

THE ROAD

Approximately one year ago, most of 3rd COSCOM's units returned to Germany after having served more than one year in Kuwait and then Iraq in support of Operation Iraqi Freedom.

The Soldiers in those units returned as battle-hardened veterans. Many carried scars from their experiences; some had physical scars, some emotional scars.

Much of their equipment was in need of repair. Supplies and parts needed to be replenished. Thus began the reconstitution process for 3rd COSCOM.

After completing a week-long reintegration process that helped them fit back into normal life here in Germany, the Soldiers were given up to a month of leave.

After the Soldiers returned from their well-deserved vacation, they began the process of getting their equipment and themselves ready for war.

Each unit had a long list of training tasks that had to be completed so the unit would be combat ready. Minimum requirements were directed by U.S.

Army, Europe and V Corps.

Unit commanders took these requirements and developed plans for getting their unit ready to deploy anywhere in the world to do their mission. The units spent the next several months preparing to prove their readiness in certification exercises to be held in the autumn of 2004.

Units used Sergeants Time training, Common Task Training, individual and crew-served weapons training and qualification, and team and squad drills to ingrain the basic individual and collective skills necessary to survive and win in combat.

As the certification exercises

drew nearer, units held platoon- and company-level exercises at their local training areas and in Grafenwoehr, in Southeast Germany.

For some 3rd COSCOM units, the reconstitution process took on an added sense of urgency. These units were notified that they would deploy to Iraq or Afghanistan in early 2005.

Finally, the time had come for each unit to complete their series of certification exercises. The exercises were tailored for each unit based on their mission and whether they had been notified to deploy.

At the end of these exercises, each 3rd COSCOM unit was certified ready to continue down the road to war.





SERGEANT'S TIME TRAINING

Spc. Jonathon Nelson and Spc. Teresa Williams, 27th Transportation Battalion (Movement Control) provide security for their team during Military Operations in Urbanized Terrain training. The battalion leadership used Sergeant's Time Training to familiarize their Soldiers with operations in an urban environment.

Photo by Master Sgt. Steven A. Vaughan, 27th Transportation Battalion

CONVOY LIVE FIRE EXERCISES

Soldiers from the 515th Transportation Company, 181st Transportation Battalion, fire at fixed targets during the familiarization portion of Convoy Live Fire training. This portion is intended to allow the Soldiers to start getting the feel of what firing out of a vehicle is like.

Photo by Capt. Armando Kuppinger, 181st Transportation Battalion

TO WAR

Text by Bruce Anderson, 3rd COSCOM Public Affairs



SITUATIONAL TRAINING EXERCISES

Soldiers from the 26th Quartermaster Company, 485th Corps Support Battalion, scan their sector after halting during the Situational Training Exercise "React to Contact," a scenario-based exercise where the Soldiers encounter enemy troops while traveling on foot. Other typical scenarios included reacting to mortar fire, reacting to sniper fire, handling civil disturbances, Entry Control Point and Traffic Control Point incidents, dealing with civilians at the gate, and reacting to Improvised Explosive Device attacks.

CONVOY LIVE FIRE EXERCISES

Soldiers from the 41st Transportation Company, 18th Corps Support Battalion, fire at enemy targets during a simulated ambush in the company's Convoy Live Fire certification. Convoy Live Fire training is conducted in several phases starting slowly, with Soldiers firing from stationary vehicles, or using blank ammunition. The final phase uses live ammunition to maximize realism.

Photos by Bruce Anderson, 3rd COSCOM Public Affairs



Enhanced Qualification Training

By Jerry Bryza Jr.
3rd COSCOM Public Affairs

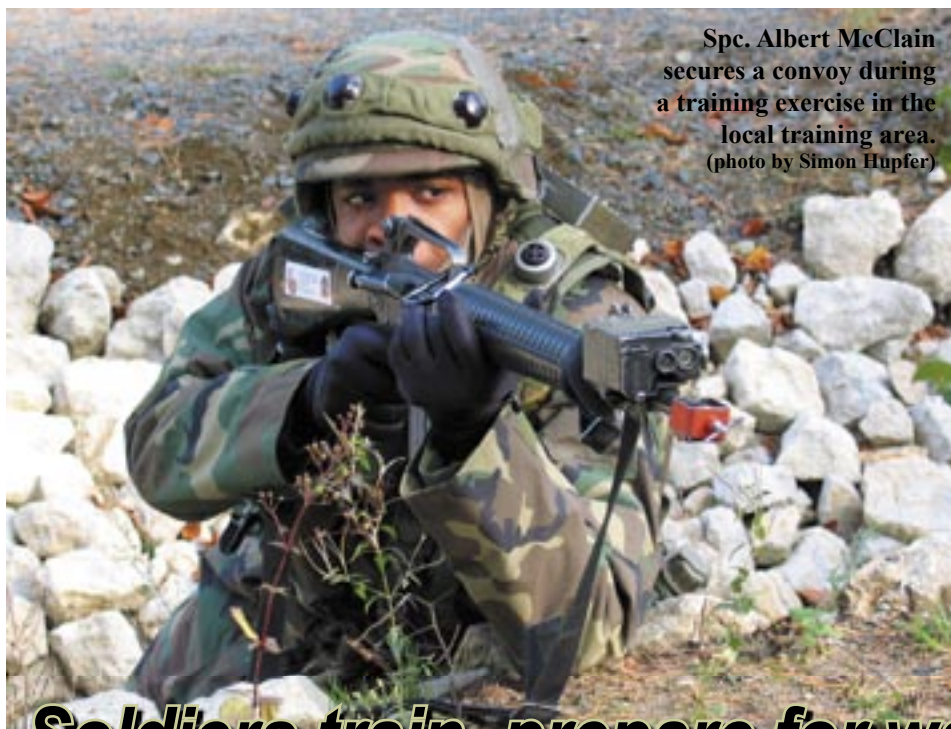
The Soldiers of the 19th Support Center spent a week at the Grafenwoehr Training Area doing weapons qualification and familiarizing themselves with their individual and crew-served weapons.

The bi-annual qualification training was enhanced by the first stage toward the Convoy Live Fire Exercise. At the Static Vehicle Live Fire Range the Soldiers climbed aboard a humvee and fired from the stationary vehicle toward a simulated ambush. This range gave the Soldiers the opportunity to fire weapons while sitting next to other firing Soldiers.

It was lessons learned from Operation Iraqi Freedom that led to this type of training, said Capt. Pierre A. Spratt, the range Officer in Charge, from the 19th Support Center

The 19th Support Center is responsible for managing the supplies that go to the units of V Corps.

19th Support Center
Soldiers await the
Static Vehicle Live Fire
Range.



Spc. Albert McClain
secures a convoy during
a training exercise in the
local training area.
(photo by Simon Hupfer)

Soldiers train, prepare for war

By Simon Hupfer
279th BSB Public Affairs Office

The rock is rolling – about 100 Soldiers of 7th Corps Support Group, 240th Quartermasters, or “The Rock,” performed a three-phase certification exercise to ready themselves for potential deployment.

After a railhead exercise, Soldiers went through security convoy training at Bamberg’s local training area.

“The purpose of the training is to certify that the unit is ready to deploy,” said (Lt. Col.) Jeff Muhlencamp, member of the observer and controller team that supervised the exercise.

The 240th Quartermasters provide water, fuel and general supplies to forward operation bases.

From a guarded compound, several convoys of five-ton trucks and humvees transported Soldiers, who tested their skills against road blocks, improvised explosive devices, or IEDs, enemy sniper fire, mortar attacks and rocket propelled grenades attacks.

“During the exercise the Soldiers will see things they will also

encounter in Iraq,” Muhlencamp said. During the exercise, about 20 members of the opposing forces waited in the forest, ready to fire on the convoy.

Civilian protesters delayed the convoy from passing and once underway the unit hit an IED and came under an RPG attack.

“It’s really good training – much better than videos. This is the real thing, it makes you apply what you learn and will be a good tool for us,” said 2nd Lt. Stephen Turner.

Further down the road the convoy suddenly was brought to a halt again. A suspicious person was arrested and searched at an abandoned vehicle, while a company of Soldiers guarded the site in all directions.

Another possible IED was discovered at the roadside, the abandoned vehicle was dragged aside and the convoy moved on.

“The training provided scenario training that can be applied to real war missions,” said Sgt. Terrie Cunningham.

(This article originally appeared in the Nov. 5, 2004, edition of The Point)

NEWSNOTES

1st Quarter FY 2005 Re-enlistees

Sgt. 1st Class Rogelio Campos
Sgt. 1st Class Moses Levi Cohen III
Sgt. 1st Class Sterling Dunaway Jr.
Sgt. 1st Class Daniel Robert Fisher
Sgt. 1st Class Nigel Andre Futch
Sgt. 1st Class Alejandro Gonzalez
Sgt. 1st Class Manuel C Gonzalez III
Sgt. 1st Class Ricky James Green
Sgt. 1st Class Daniel Geoffrey Gust
Sgt. 1st Class Mariam M. James
Sgt. 1st Class Ernest Jeanfrancois
Sgt. 1st Class Kenneth Keith Kersey
Sgt. 1st Class Jose L Maldonado
Sgt. 1st Class Thomas B. Matherly
Sgt. 1st Class Robert People
Sgt. 1st Class James Robert Pollard
Sgt. 1st Class Javier Popoca
Sgt. 1st Class Kraig Laroy Reed
Sgt. 1st Class Todd Allen Rhodes
Sgt. 1st Class Derontae L. Robinson
Sgt. 1st Class Todd Matthew Scott
Sgt. 1st Class Undra S Smith
Sgt. 1st Class Marcus L. Swearengen
Sgt. 1st Class George A. Tatten Jr.
Sgt. 1st Class Clara Whitley Walters
Sgt. Adam Carter Anderson
Sgt. Alisha Kentrell Britton
Sgt. Kerven Jonathan Brown Jr.
Sgt. James Calvin Budgett
Sgt. Detrice Romaine Burriss
Sgt. George Castaneda Jr.
Sgt. Edison Cevallos
Sgt. James Thomas Davis
Sgt. Warren Kirby Davis Jr.
Sgt. Natasha Ona Dumig
Sgt. Christopher John Eberhardt
Sgt. Antonio Emanuel Epps
Sgt. Richard Leon Findlay
Sgt. Tyrone Antonious Gadson
Sgt. Izabela Gibson
Sgt. Charles Allen Gibson
Sgt. Keisha Denise Hall
Sgt. Marcy Sue Harralson
Sgt. Thomas James Hartwell
Sgt. William Jerry Hembree II
Sgt. Jesse Daniel Hiott
Sgt. Brandie L Holloman
Sgt. Christine Michelle Irvin
Sgt. Michael Lavon Jenkins
Sgt. James Lamar Jones

Sgt. Ray Charles Joyce II
Sgt. Michael Anthony Mackey Jr.
Sgt. Raymond Louis Maldonado
Sgt. Ronald Sean Mathews
Sgt. John Wayne May II
Sgt. Veronica Sheree Mcneil
Sgt. Edgar Javier Medinadonoso
Sgt. Grace Morales
Sgt. Richard Daniel Nilles
Sgt. Mario Centauri Peterson
Sgt. Henry Edwin Pryce
Sgt. Mario Carlos Quinn
Sgt. Keith Alan Randle
Sgt. Allen Lamont Reid Jr.
Sgt. Benjamin Reyes Jr.
Sgt. Anthony Edward Ross
Sgt. Michael Frederick Rowe
Sgt. Kevin David Rulison
Sgt. Torrey Delacy Scott
Sgt. Daniel Smalls Jr.
Sgt. Kathie Lavell Stokes
Sgt. Anthony Darrell Stone
Sgt. Jorge Omar Tacaraya
Sgt. Ronald Dejesus Timmons
Sgt. Joshua Joseph Welton
Sgt. Tyrone Worthen
Spc. David Albert Amaro
Spc. Michael Lee Barr
Spc. Theresa Faye Baxter
Spc. Michael Wayne Bedford
Spc. Melissa Nitita Belk
Spc. Iyowka Tranisha Bradsher
Spc. Forrest Elroy Vonshar Burton
Spc. Casey Landon Coleman
Spc. April Shenell Connor
Spc. Tony Cortez Jr.
Spc. Rhoan Orlando Antonio Davis
Spc. Zachary Steven Delk
Spc. Edward James Dominique
Spc. Robert Samuel Fogle
Spc. Jessie James George II
Spc. Marisol Gonzalez
Spc. Michael Myron Highsmith
Spc. Marcelo Jimenez III
Spc. Brian Nathaniel Johnson
Spc. Adam Joseph Loss
Spc. Jose Luis Maldonado Jr.
Spc. Jose E Maldonado-Colon
Spc. Kenya Noel McCartney
Spc. Johnny David McInain

Spc. Eric Daniel Mejia
Spc. Stephanie Dianne Miller
Spc. Christopher Shannon Miller
Spc. Jeremiah Nix
Spc. Jonathan Ochoa
Spc. Jung Hoon Oh
Spc. Graciela Palazuelos
Spc. Tulio Wilfredo Pazvasquez
Spc. Christy Marie Pearce
Spc. Erickson Nate Pine
Spc. Alexis Pointer
Spc. Tameeka Lynn Prescott
Spc. Wesley Steven Randall
Spc. Blanca Ivonn Rivera-Gallegos
Spc. Yolanda Rosario
Spc. Joshua Andrew Sapp
Spc. Justin Robert Scarborough
Spc. Michael Todd Simons
Spc. Tosha Nadiyah Smith
Spc. Karen Crystal Storey
Spc. Arlene J Vargas
Spc. Eveling Dejesus Vetter
Spc. Donald Wayne Walker
Spc. Brian Lee Waterman
Spc. David Allen Wetmore
Pfc. Brian Keith King
Pfc. Sajahili Maite Ramos

BEAR Members

The Bonus Extension And Retraining Program lets soldiers extend to attend a critically short Military Occupational Specialty producing school. Following graduation, soldiers receive bonuses for his/her new MOS.

Sgt. Jason Robert Kountz
Spc. Nicholas Ryan Vandenraad
Spc. Brandon Trimaine Richbow
Spc. Jennifer Erin Guidry
Sgt. Gustavo Ritschl IV
Spc. Kyle Thomas Woodrow
Sgt. 1st Class David Wayne Bentley
Sgt. Kelvin Oneil Sweeper
Sgt. 1st Class Justin Otis Lane

SUSTAINER

IN THE NEXT ISSUE...



ceremonies
DEPLOYMENT
departures



MORE ...

columns
newsnotes
posters

Gas!
Gas!
Gas!

Soldiers from
3rd COSCOM's
Special Troops
Battalion soak
up a gas chamber
refresher course.



HEY JOE!
WHEN WE GET BACK,
I'M GOING TO GO VISIT THE
CAREER COUNSELOR



3RD CORPS SUPPORT COMMAND SOLDIERS

Contact your local
Career Counselor!

TAKE AIM AT ...

Turn back to the
Career Counselor Corner!

REENLISTMENT!

3RD CORPS SUPPORT COMMAND

SUSTAINING THE LINE!

MISSION: ON ORDER, 3RD COSCOM DEPLOYS IN SUPPORT OF V CORPS OR A CJTF, ESTABLISHES AND PROVIDES LOGISTICS SUPPORT AND COMMANDS AND CONTROLS LOGISTICS UNITS IN ORDER TO PROVIDE LOGISTICS ACROSS THE FULL SPECTRUM OF OPERATIONS IN AN ARMY, JOINT AND/OR COMBINED ENVIRONMENT. ON ORDER, 3RD COSCOM MAINTAINS AND PROVIDES TRAINED AND READY FORCES.

